Emotional affects of having an Abortion

In the year of 2001 I was raped and molested by a family member that I would never forget. I live in a small district in the capital of Falmouth Jamaica. I ended up pregnant when I was 15 years old. I never had a rape trial and I was at my weakest point, without my mother close by, and my positive side of family. I ended up having an abortion because I was too young to take care of a baby. There are plenty of regrets about having the abortion, and along with that was a high percentage of fear of having the child because of the incest that comes along with it. One of the most important decisions that I ever had to make was to have an abortion.

**(D)** While driving to the clinic on the day of my abortion, I was in tears, hands were shaking on the steering wheel from being nervous, and wondering if this is the only choice that I really have. I felt like I want to turn the car back around and forget about having the abortion, but in the back of my mind I couldn’t. When I arrived at the clinic I saw the people outside protesting against abortion, and at that point I felt so burden, down with guilt from what I’m about to do that it was almost unbearable, however I manage to proceed. As I opened the door and entered the clinic I walk into a crowded room filled with people’s who were there for the same reason, some of which were in tears. As I walked up to the counter to check in I feel like all eyes were on me, and as I sign in the atmosphere was very depressing. I took a seat after signing in and as I observe the faces of the patients leaving the clinic I could see grieve and the pain of some of their faces, I was weak while feeling alone. After sitting there a little less than an hour while being tortured mentally in my mind the nurse came out and she called my name with a real grumpy expression on her face. As I got up and walk towards her I was overwhelmed with sadness. I had tears in my eyes while she walked me to where I would have my operation. As we walked I could see patients lying in their beds recovering from their procedure. While feeling the pain from my decision deep down inside of me I lay down on the operating bed, it was cold, very uncomfortable. While laying there the nurse walked over to me and held my hands while asking me questions to make sure this was my final decision. However, I assured her that it was so she went on with the procedure. As far as I can remember I was asleep only to wake up finding myself bleeding, with a sharp pain in my stomach. Still lying on the bed the doctor came over and explained to me what had taken place while I was asleep, and told me what I had to do for the next two weeks for the pain. He also suggested that I see a counselor for the mental effect that was accrued from having the abortion. "In one review of the literature, the lowest reported rate for adverse post-abortion outcomes was six percent, with the most reports ranging from 12 to 25 percent, and the highest estimates rising above 50 percent." (David)

(**N**) Every hour in America a women lays her body down, forced to choose abortion out of a lack of practical resources and emotional support. Abortion is a reflection that society has failed women. I would not recommend anyone to have an abortion because of the pain and suffering I feel. Being young and have no one to looked up to, I chose a decision that affected me emotionally and physically. I experience psychological problems from the abortion. I felt guilty emotion reactions sometimes until I was 19 years old. The complication I went through were sad mood, sudden and uncontrollable crying, deterioration of self-concept, sleep, appetite, sexual disturbances, reduced motivation, disruption in interpersonal relationships, extreme guilt and anxiety, depression and thoughts of suicide.

(**P**) I would not encourage anyone to have an abortion because of many reasons. 1. Being the mental effect that I suffered, followed by pain, and a life time of uncomfortable memories. Abortion is a life taken away from an innocent child. I’ve learned the hard way that abortion does not have to be our only choice regardless of our situation, the fact that we have multiply organization available to support the mothers and the children under any circumstances.

As I conclude, abortion is not a nice thing to think about or to have a conversation about, because nobody wants to see more abortion. Men cause women to get pregnant, but it is the woman who alone bears the pregnancy and the child. A woman does not want to be embarrassed by society and shame her family. Abortion must remain available for victims of rape, or for woman who are medically at risk or who are pregnant with a severely disable child. A woman who is forced to bear a child born of rape will re-live that rape every day of her life. Second, not all mothers want to or are able to care for a child. Many young women have trouble with drugs or alcohol, a few are involved in crime, some have no works or money, and some are too busy with their own life to think of their baby.

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